

News Release

Exercise Science and Wellness and Medical Laboratory Science Majors Added

By Elizabeth Tollefson on Thursday, July 30, 2015

Students will have two new majors to choose from at the University of Minnesota Crookston in the Department of Math, Science, and Technology. A Bachelor of Science in exercise science and wellness and one in medical laboratory science are the two latest additions to the more than 30 majors offered on the Crookston campus.

Joseph Shostell, head of the Math, Science, and Technology Department, says these two majors will give students great options for a future career. "Majoring in exercise science and wellness will provide opportunities for students to take advantage of the new wellness center under construction on campus," Shostell says. "And, students interested in medical laboratory science will graduate with problem-solving skills so critical to the medical field. Both of these majors will prepare students for careers in the fields of health, wellness, and medicine and we are excited to offer them both."

Exercise Science and Wellness

The Bachelor of Science in Exercise Science and Wellness combines the study of exercise physiology within the holistic context of health and wellness. This major integrates hands-on, experiential learning with laboratory work that focuses on a variety of demographic populations.

Through a dynamic collaboration between the U of M Crookston and local hospital rehabilitation services, students are exposed to scenarios to apply theory to patient rehabilitation. Students learn techniques in coaching, counseling, and effective motivational techniques during both internal and external internship experiences.

The program is unique in the region in the way it combines exercise science curriculum within a context of wellness and community health. Potential employers may include community organizations, corporate health centers, country clubs, health clubs and fitness centers, hospitals, and more. The website for Exercise Science and Wellness is <http://www.umcrookston.edu/exercisesci>.

Medical Laboratory Science

Modern medicine would be impossible without the problem solving skills of medical lab scientists making a Bachelor of Science in Medical Laboratory Science vital to the study of medicine. Medical Laboratory Science (MLS) technicians run tests that encompass areas of clinical chemistry, clinical microbiology, hematology, clinical urology, immunology, immunohematology, and molecular diagnostics. With a high demand for medical lab scientists, MLS graduates will have excellent job opportunities and students in the program will have unique opportunities to be involved in research projects.

Through a consortium agreement and partnership with the University of North Dakota (UND), a graduate of the program would receive a certificate of completion from UND. Dual enrollment at both the U of M Crookston and UND in the proposed program of study would begin in the third year. In the spring of the junior year the student would take either courses located at UND (25 miles away) or online.

A bachelor's degree in medical laboratory science could provide a great background for individuals interested in entering fields of forensic science, pharmaceutical sciences, and medicine. The website for Medical Laboratory Science is <http://www.umcrookston.edu/medlabsci>.

To learn more about the majors at the U of M Crookston, visit www.umcrookston.edu/academics.

The University of Minnesota Crookston now delivers 33 bachelor's degree programs, 22 minors, and 36 concentrations on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

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